

FROM OVERWHELMED TO EMPOWERED:

CAREGIVING FROM THE MIDDLE

A 12-WEEK TRANSFORMATIONAL GROUP COACHING PROGRAM
WITH KATHLEEN KORPELA

Caring for an aging parent while juggling your own life is challenging and complex.

Caregiving From The Middle is a comprehensive and practical educational, coaching and support program - designed specifically for women navigating the complexities of eldercare...and needing the guidance and support to do it well and with no regrets.



Upon completing this program, you will have:

- A comprehensive, actionable eldercare plan tailored to your parent's needs and your family's situation
- The knowledge and confidence to navigate healthcare systems, care options, advance planning, and difficult conversations
- Skills to handle family dynamics in coordinating care
- Proven frameworks for managing your time, energy, and emotional wellbeing while in a caregiving role
- A supportive community of successful women who understand the unique pressures of juggling career with caring for an aging parent
- Greater knowledge, confidence and peace of mind!

Without having to....

- Spend valuable time sifting through information in the wrong places
- Constantly second-guessing yourself or make mistakes
- React to a crisis or a serious diagnosis unprepared
- Feel ignorant about senior care options, advance care planning, estate planning or Medicare vs. Medicaid
- Sacrifice your own needs, desires and career
- Feel alone in navigating the role reversal to parenting your parent

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PROGRAM DETAILS

- 12 weeks (8 themed weeks + 4 integration weeks for reflection & application)
 - Self-paced online lessons with downloadable resource guides (watch or listen anytime and on-the-go)
 - Weekly live group calls for support, Q&A and community
 - Access to online community forum for program members
 - Unlimited 1:1 access to coaching & guidance from Kathleen
 - Bonus materials and resource guides on critical eldercare & care coordination topics
 - Lifetime access to program curriculum materials
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JOIN ME INSIDE THE PROGRAM!

Rolling enrollment: Join each Monday!

Next steps:

- If you're a **YES**, **CLICK HERE** to apply and join an amazing group of women!
- If you have more questions and want to determine if this is right for you, **BOOK A CALL** and let's talk!



TESTIMONIAL

I went from complete overwhelm to empowered action. I had no roadmap for dealing with aging parents, especially with my dad's increasing needs. Kathleen helped me establish boundaries and build a care plan that respects my parents and preserves my own well-being. I finally feel like I have a say in my own life again. Denise, Entrepreneur

MEET KATHLEEN

Kathleen is the founder of Living Goldenwell, a coaching and consulting practice dedicated to transforming the elder caregiving experience for family caregivers. She is the creator of the Caregiving From The Middle program, helping women chart a path and develop their roadmap to navigate caring for their aging parent without losing themselves. Through her own experience caring for her father with Alzheimer's dementia, she aims to transform the caregiving experience for other women embarking on or in the midst of their caregiving journey.